

Mid-day Prayer

V. O God, make speed to save us.

R: O Lord, make haste to help us.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

The Psalm or Psalms Appointed

My best friend, whom I trusted, who broke bread with me, has lifted up his heel and turned against me.

Psalm 119 *Sadhe Justus es, Domine*

¹³⁷ You are righteous, O LORD, *
and upright are your judgments.
¹³⁸ You have issued your decrees *
with justice and in perfect faithfulness.
¹³⁹ My indignation has consumed me, *
because my enemies forget your words.
¹⁴⁰ Your word has been tested to the uttermost, *
and your servant holds it dear.
¹⁴¹ I am small and of little account, *
yet I do not forget your commandments.
¹⁴² Your justice is an everlasting justice *
and your law is the truth.
¹⁴³ Trouble and distress have come upon me, *
yet your commandments are my delight.
¹⁴⁴ The righteousness of your decrees is everlasting; *
grant me understanding, that I may live.

Psalm 39 *Dixi, Custodiam*

¹ I said, "I will keep watch upon my ways, *
so that I do not offend with my tongue.
² I will put a muzzle on my mouth *
while the wicked are in my presence."
³ So I held my tongue and said nothing; *
I refrained from rash words; but my pain became unbearable.
⁴ My heart was hot within me; while I pondered, the fire burst into flame; *
I spoke out with my tongue:
⁵ LORD, let me know my end and the number of my days, *
so that I may know how short my life is.
⁶ You have given me a mere handful of days, and my lifetime is as nothing in your sight; *
truly, even those who stand erect are but a puff of wind.
⁷ We walk about like a shadow, and in vain we are in turmoil; *
we heap up riches and cannot tell who will gather them.
⁸ And now, what is my hope? *

O Lord, my hope is in you.

⁹ Deliver me from all my transgressions *
and do not make me the taunt of the fool.

¹⁰ I fell silent and did not open my mouth, *
for surely it was you that did it.

¹¹ Take your affliction from me; *

I am worn down by the blows of your hand.

¹² With rebukes for sin you punish us; like a moth you eat away all that is dear to us; *
truly, everyone is but a puff of wind.

¹³ Hear my prayer, O LORD, and give ear to my cry; *
hold not your peace at my tears.

¹⁴ For I am but a sojourner with you, *
a wayfarer, as all my forebears were.

¹⁵ Turn your gaze from me, that I may be glad again, *
before I go my way and am no more.

Psalm 41 *Beatus qui intelligit*

¹ Blessed are they who consider the poor and needy! *
the LORD will deliver them in the time of trouble.

² The LORD preserves them and keeps them alive, so that they may be blessed in the land; *
he does not hand them over to the will of their enemies.

³ The LORD sustains them on their sickbed *
and ministers to them in their illness.

⁴ I said, "LORD, be merciful to me; *
heal me, for I have sinned against you."

⁵ My enemies are saying wicked things about me: *
"When will he die, and his name perish?"

⁶ Even if they come to see me, they speak empty words; *
their heart collects false rumors; they go outside and spread them.

⁷ All my enemies whisper together about me *
and devise evil against me.

⁸ A deadly thing, they say, has fastened on him; *
he has taken to his bed and will never get up again.

⁹ Even my best friend, whom I trusted, who broke bread with me, *
has lifted up his heel and turned against me.

¹⁰ But you, O LORD, be merciful to me and raise me up, *
and I shall repay them.

¹¹ By this I know you are pleased with me, *
that my enemy does not triumph over me.

¹² In my integrity you hold me fast, *
and shall set me before your face for ever.

¹³ Blessed be the LORD God of Israel, *
from age to age. Amen. Amen.

Glory to the Father, and to the Son, and to the Holy Spirit: *
as it was in the beginning, is now, and will be for ever. Amen.

My best friend, whom I trusted, who broke bread with me, has lifted up his heel and turned against me.

Chapter

Little Chapter

Know then in your heart that as a parent disciplines a child so the Lord your God disciplines you. Therefore keep the commandments of the Lord your God, by walking in his ways and by fearing him.

R. Thanks be to God.

The Prayers

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Our Father in heaven, hallowed be your Name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil.

V. Lord, hear our prayer;

R. *And let our cry come to you.*

Let us pray.

Almighty and everlasting God, your precepts are the wisdom of a loving Father:

Give us grace, following the teaching and example of your servant Benedict,

to walk with loving and willing hearts in the school of the Lord's service;

let your ears be open to our prayers; and prosper with your blessing the work of our hands;

through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.

Amen.

Lord Jesus Christ, you said to your apostles, "Peace I give to you; my own peace I leave with you." Regard not our sins, but the faith of your Church, and give to us the peace and unity of that heavenly city, where with the Father and the Holy Spirit you live and reign, now and for ever. Amen.

Free intercessions may be offered.

V. Let us bless the Lord.

R. Thanks be to God.